

Tools of the Program

We of AA have many tools to help us

FELLOWSHIP

This is the company of others who share our path to Recovery. The Fellowship is expressed in MEETINGS, through LITERATURE, through SPONSORSHIP, using the PHONE between meetings, through the STEPS, and through the sharing of experience, strength, and hope outside the meetings.

MEETINGS

Regular meetings of AA are held by Groups. The Group may host one meeting per week or many. Guides are available with a list of local days, times, and locations of meetings in this area. Attend several different meetings and several different types (Open, Discussion, Speaker, Book Study, etc.) to find the one you want to make your Home Group, then attend the meeting(s) for that Group regularly.

GROUPS

This is one group of recovering alcoholics who gather one or more times each week to share their experience, strength, and hope. Joining a Home Group helps end our alcoholic isolation and helps build the foundation for the work ahead.

THE PHONE

We use the telephone as our “meeting between meetings.” Regular contact with other people is a lifeline when new situations require us to deal differently with life on life’s terms. We call our Sponsors
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and other people we have met in the meetings. We encourage you to collect and use phone numbers.

SERVICE

We do Service to share our experience, strength, and hope; to make our meetings possible; to see how our experience can benefit others; and to give back to the Fellowship for what was so given to us so freely. We become trusted servants, we do not govern.

LITERATURE

The “Big Book” is the book ALCOHOLICS ANONYMOUS. The “12 & 12” is the book THE TWELVE STEPS AND TWELVE TRADITIONS.

These two books give the specific steps of our Program, which we have found necessary to find and maintain our sobriety. They are available at our cost and the pamphlets are free. Meeting

SPONSOR

A Sponsor is a person with substantial sobriety who is willing to share their experience, strength, and hope with you, to help you apply the 12 Steps to your life. Sponsors are not therapists, counsellors, bankers, or authorities.

We are all alcoholics working Recovery One Day at a Time. Find someone who has Recovery as you want it and ask them what they did to get it.

A TEMPORARY SPONSOR

This is someone willing to answer your first questions, even though they may only be a little way ahead of you on the path of Recovery. A Temporary Sponsor will help you for the first month or two while you look for your Sponsor.

STEPS

The Twelve Steps are the process to deal with life without the crutch of alcohol and drugs. The Steps are written in an order and must be worked in that order to get the effect. We work the Steps with a Sponsor and with the support of other members of the program who are ahead of us in the process. We help those who come after us with what we have actually done.

The authority of AA comes from Page 20 of the Big Book. "We will tell you what we have done." Not theory or ideas or opinions we have heard, *but what we have actually done.*



90 MEETING IN 90 DAYS?

Newcomers will frequently hear "Go to 90 Meetings in 90 Days" and wonder why we would be so fanatic about going to AA.

There is a simple reason. Alcohol stays in your system for a while. It is longer than the few days required for "medical" detox. It will take a while before the alcohol in your system has absorbed to be fully cleaned out. If you also did drugs, it may take longer for the drugs to get out of your system.

At the end of 90 days, you should be chemically clean enough to be able to answer the basic question honestly. That question is:

"Am I an Alcoholic?"

Where else are you going to hear how other people have successfully separated from alcohol (and drugs) and dealt with all the problems that need to be cleaned up? In meetings, you will hear things that may surprise you, or you may hear the same thing enough times to actually get what we're trying to tell you.



You might want to download the first issue of **SPONSOR MAGAZINE** for two articles designed to help the newcomer - **"What is Expected"** and **"Conference Approved Literature."**

Still available as free downloads:
go to <http://sponsormagazine.org>